

Two Days Left To Enter National Kids' Cook-Off! And Have A Chance To Visit The White House

FRESNO, CA, USA, April 4, 2014 /EINPresswire.com/ -- PBS TV Show Hey Kids, Let's Cook! Joins Call to Action for national kids' cook-off, The [Healthy Lunchtime Challenge](#). First Lady [Michelle Obama](#) Teams Up Again with U.S. Department of Education, the U.S. Department of Agriculture and Epicurious

PBS's award-winning cooking and nutrition show Hey Kids, Let's Cook! is helping spread the word on this year's national kids' cook-off, The Healthy Lunchtime Challenge. First Lady Michelle Obama is again teaming up with the U.S. Department of Education, the U.S. Department of Agriculture, and Epicurious to host a nationwide recipe challenge.

www.heykidsletscook.com

Check out the guidelines here: <http://www.recipechallenge.epicurious.com/officialrules>. Then join in the fantastic opportunity for American kids ages 8 – 12 to showcase their favorite, healthy creations with food.

What's it all about? Last summer, Hey Kids Let's Cook! producer, host and creator Kathy Powers was among the few media honored to take viewers inside the Healthy Lunchtime Challenge, where 54 kids, their parents or guardians took in a full day's activities in the White House and showcased their hand-picked healthy recipes at the Kids' State Dinner. Hey Kids, Let's Cook! went along with the kids right inside the East Room to experience the magical event from start to finish. This episode excerpt features Emma, Hey Kids, Let's Cook!'s animated chef as she takes kids us up close and personal for all the fun and excitement. Emma shares with kids what it feels like to have their recipe selected and spend a whole day inside the White House with First Lady Michelle Obama, White House Chef Sam Kass, and special guest President Barack Obama:

Mini-episode: Healthy Lunchtime Challenge

<http://www.youtube.com/watch?v=UnO6lc0yBFY&feature=youtu.be>

Rose Scott, one of last year's Healthy Lunchtime Challenge winners from California, makes an appearance on the show and shares her pork and tofu lettuce wrap recipe. She says to kids across America "I definitely think you guys should enter because you could win, and also, even if you don't win you still have an amazing recipe that you could share with your friends and

family!"

So Powers, who will be shooting another episode of Hey Kids, Let's Cook! at the White House again this year, urges kids to join in the fun now and enter online (kids can mail in entries as well).

Parents or Guardians! Entries must be submitted by 11:59PM April 5, 2014 or be postmarked by April 5. This cooking competition is fun, mouth-watering, rewarding and a chance for kids to show off their cooking skills to the nation. Winning recipes need just five simple requirements; to be: healthy, delicious, original, affordable, and meaningful. Fifty-six lucky children and their parent/guardian will be flown to Washington, DC where they will have the opportunity to attend the Kids' State Dinner at the White House.

Kids love to be creative in the kitchen and this is a perfect time!

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PBS' award-winning "Hey Kids, Let's Cook!" is a refreshing, innovative cooking show aimed at teaching children and teens fun, valuable, life-long lessons in cooking and nutrition. With 86 episodes aired over seven seasons, Powers and her team of young, seasoned chefs ranging in age from six to thirteen bring fun to the kitchen with thirteen half-hour episodes packed with practical instruction, nutritional information, tips on table manners, hints on how to spice up a boring meal and advice for how to impress family and guests with creative and delicious dinners.

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